

SHRIMATHI DEVKUNVAR NANALAL BHATT VAISHNAV COLLEGE FOR WOMEN
(AUTONOMOUS)

(Affiliated to the University of Madras and Re-accredited with 'A+' Grade by NAAC)
Chromepet, Chennai — 600 044.

M.Sc. (Psy) END SEMESTER EXAMINATIONS NOVEMBER - 2023

SEMESTER - I

22PCPCT1002 - Behaviour Modification

Total Duration : 2 Hrs. 30 Mins.

Total Marks : 60

Section B

Answer any **SIX** questions ($6 \times 5 = 30$ Marks)

1. People who are high in self-monitoring are more likely to change their behavior in order to adapt or conform to the situation. Illustrate the impact and uses of self-monitoring.
2. Behavior modification developed from the perspective called behaviorism. Substantiate.
3. Apply the ABCDE model suggested by Ellis using an example of a student who had failed in an exam.
4. List few cognitive distortions with examples and suggest suitable intervention techniques.
5. In any behaviour change, relapses are a common occurrence. When you go through a relapse, you might experience feelings of failure, disappointment, and frustration. Elaborate on the strategies to overcome Relapse effectively.
6. Learning can occur by watching others and then modeling what they do or say. There are specific steps and factors in the process of modeling that must be followed if learning is to be successful. Elaborate.
7. Write about:- 1) Flooding and Implosion therapy.
2) Systematic desensitization.
8. Nila's behaviour of leaving unclean dishes on the kitchen counter annoys her roommate, Srividhya. Srividhya has decided to change the situation by telling Nila "I really appreciate your help in keeping the apartment neat," whenever she sees her rinsing & putting the dishes in the dishwasher. Lately Srividhya has noticed that Nila consistently puts her dishes in the dishwasher as soon as she is done eating. Infer and explain the technique Srividhya used in changing the behavior of Nila.

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Section C

I - Answer any **TWO** questions ($2 \times 10 = 20$ Marks)

9. Behaviour modification is the practice of enhancing daily functioning by systematically applying learning techniques and principles to improve overt and covert behaviours. Describe its salient features.
10. Prepare aversion therapy as a treatment for drug addiction.
11. Making a lasting change in behaviour is rarely a simple process. It usually involves a substantial commitment of time, effort, and emotion. Explain the model suggesting the stages of change which seeks to explain each stage in detail.
12. Evaluate an intervention module for behavioral skills training in a group for team building in a corporate setting.

II - Compulsory question ($1 \times 10 = 10$ Marks)

13. Suggest an intervention module using CBT for a client suffering from anxiety.
